

## **INFORMED CONSENT**

### **The University of South Dakota**

**TITLE:**

Connectedness and Experiences of Native People

**PROJECT DIRECTOR:**

Christopher R. Berghoff, Ph.D.

**PHONE #:**

605-677-5180

**DEPARTMENT:**

Psychology

**WHAT IS THE PURPOSE OF THIS STUDY?**

You are invited to participate in a research study about the culture, emotional and behavioral difficulties, and behavioral treatment options for Native people. You were selected as a possible participant because you are at least 18 years of age and are Native American.

The purpose of this research study is to (a) clarify mental/behavioral health struggles experienced by Native people and (b) identify the acceptability of modern approaches to the treatment of mental/behavioral health problems. We expect to gain an understanding of the level of mental/behavioral health problems in the Native population and identify behavioral processes related to these problems. This information may inform the development of effective and culturally responsive mental/behavioral health treatments for Native people.

**HOW MANY PEOPLE WILL PARTICIPATE?**

Approximately 430 adults will take part in this study. Participants may be recruited from The University of South Dakota, surrounding communities, and other institutions of higher education.

**HOW LONG WILL I BE IN THIS STUDY?**

Your participation in the study will last approximately 45 minutes. You will need to visit the study website one time.

**WHAT WILL HAPPEN DURING THIS STUDY?**

All parts of the study are presented online at the secure study website, [www.MyMindfulDays.com](http://www.MyMindfulDays.com). First, you will be asked to review the Informed Consent document (this form) and provide your consent to participate in the study. Second, after indicating your willingness to participate in the study, you will be directed to an online survey, which will require approximately 45 minutes to complete. The survey asks questions related to your personal characteristics (e.g., age; relationship status), how you culturally identify yourself, mental/behavioral health symptoms (e.g., anxiety; depression; trauma-related symptoms; drug and alcohol use), and various behavioral processes (e.g., emotion regulation skills; resilience). You will also be asked to provide your opinions of a mental/behavioral health treatment after reading a short description. Finally, following completion of the survey, you will be

automatically directed to a secure, encrypted webpage where you can provide information we need to send your compensation.

### **WHAT ARE THE RISKS OF THE STUDY?**

There may be some risk from being in this study. You may experience frustration that is often experienced when completing surveys. Some questions may be of a sensitive nature, and therefore you may become upset as a result. Some questions ask about alcohol and other substance use. However, your survey responses are stored separately from your personal information and personally identifiable links will be deleted as soon as possible. However, these risks are not viewed as being in excess of “minimal risk”.

Nonetheless, if you become upset by questions, you may stop at any time or choose not to answer a question. If you would like to talk to someone about your feelings regarding this study, University of South Dakota students are encouraged to contact The University of South Dakota’s Student Counseling Center at 605-677-5777, which provides counseling services to students at no charge. Other members of the community are encouraged to contact The University of South Dakota’s Psychological Services Center at 605-677-5354, which provides counseling services often at a discounted rate. Participants located in other areas of the country are encouraged to contact a local mental health provider or, in an emergency, call 911.

### **WHAT ARE THE BENEFITS OF THIS STUDY?**

You may not benefit personally from being in this study. However, in the future, other people might benefit from this study because we hope the results will inform the development of new, low cost mental/behavioral health treatment options that may improve the quality of life of Native people struggling with mental/behavioral health problems.

### **WHAT ARE THE ALTERNATIVES TO PARTICIPATING IN THIS STUDY?**

You may choose to not participate in this study. There are no other known alternatives to participating in this study.

### **WILL IT COST ME ANYTHING TO BE IN THIS STUDY?**

You will not have any costs for being in this research study.

### **WILL I BE PAID FOR PARTICIPATING?**

You will not be paid for participating in this study. However, you may be eligible to receive a \$10.00 Amazon.com or Walmart gift card (your choice) for providing valid responses to the survey. You may choose to have your gift card delivered electronically to your email address or mailed to your home through the postal service. You will have to provide some personal information to receive payment, including your full name and either a valid email or home mailing address. The personal information you provide will be temporarily linked to your survey responses. However, it will be stored in a secure, password protected database separately from your survey responses and will be deleted when we finish the study.

### **WHO IS FUNDING THE STUDY?**

The University of South Dakota and the research team are receiving no payments from other agencies, organizations, or companies to conduct this research study.

### **ARE MY RECORDS CONFIDENTIAL?**

The records of this study will be kept confidential to the extent permitted by law. In any report about this study that might be published, you will not be identified. Your study record may be reviewed by government agencies, Office of Human Subjects Protection and The University of South Dakota- Institutional Review Boards.

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law. Confidentiality will be maintained through several means. First, survey responses are collected through a fully secure, encrypted system on the study website and are stored in a password protected database accessible only to Dr. Christopher R. Berghoff. Second, temporary identifiers linking survey responses and payment information will be destroyed following data collection. This means there will be no way of connecting your payment information and survey responses at the conclusion of the research study. Third, study data will be password protected, stored on secure servers provided by The University of South Dakota, and accessible by Dr. Christopher R. Berghoff and his personnel only.

If we write a report or article about this study, we will describe the study results in a summarized manner so that you cannot be identified.

### **IS THIS STUDY VOLUNTARY?**

Your participation is voluntary. You may choose not to participate or you may discontinue your participation at any time without penalty or loss of benefits to which you are otherwise entitled. You may also choose to not respond to a survey item. Your decision whether or not to participate will not affect your current or future relations with The University of South Dakota.

### **WHOM MAY I CONTACT IF I HAVE QUESTIONS?**

You may ask any questions you have now or later.

The researchers conducting this study are:

Christopher R. Berghoff, Ph.D.  
605-677-5180 during the day.

- You may call this number if you have questions, concerns, or complaints about the research.

If you have questions regarding your rights as a research subject, you may contact The University of South Dakota- Office of Human Subjects Protection at **(605) 677-6184**.

- You may also call this number about any problems, complaints, or concerns you have about this research study.
- You may also call this number if you cannot reach research staff, or you wish to talk with someone who is independent of the research team.

IRB Approval effective from: 10/17/2018  
IRB Approval not valid after: 9/24/2019  
USD IRB

\*By selecting "Yes" below, you indicate that you have read the information provided above, that your questions have been answered, and that you agree to take part in this study. You may download a copy of this form at the study website, [www.MyMindfulDays.com/pdf/CENPconsent.pdf](http://www.MyMindfulDays.com/pdf/CENPconsent.pdf).

- Yes, I agree to participate in this research study
- No, I do not want to participate in this research study